



Shopping Solutions
Getting What You Need

Choices!

- We have so many choices when it comes to food, especially at the grocery store. Some stores carry as many as 30,000 items. With so much available, how does one choose foods that are enjoyable, affordable and nutritious? Here are some ways to make the better choices you want to make for your family.



What's to eat this week?

- Plan those menus!!! (Core Four web session “What’s for Supper”)
- Remember to plan quick meals on busy nights.
- Plan to use leftovers whenever possible.
- Now, make your list...



The list

Before you head to the supermarket, take the time to make a list. Check your cabinets to see what you need to make everything that is on your menu. The list will save you time, money and head aches.

Here are some links to lists. Or, develop your own. Save the master on your computer and print it out each week

- <http://www.healthychoice.com/pdf/shoplist.pdf>
- <http://office.microsoft.com/en-us/templates/TC060894261033.aspx?CategoryID=CT010482871033>
- <http://office.microsoft.com/en-us/templates/TC010186181033.aspx?CategoryID=CT010482871033>



The Strategy

- **Don't go to the grocery store hungry.** Leave the decisions to your head not your stomach. It is easier to stick to the list when you are not hungry.
- **Set a routine.** Establish a day and time that makes it easy for you to move quickly and easily through the store and stay focused on your shopping needs.



Use the labels

The “Nutrition Facts” on the foods are a great source of information.

Compare the calories, fat, sugar, fiber and nutrient content of different products to determine which fits your family’s needs.

Remember to check “serving size” and “number of servings per container” to make sure you are comparing similar quantities.



How to pick the best

- Knowing what to look for in each food group helps you make more healthful choices. Here are a few simple tips and pictures to help make healthful shopping a breeze.



Recheck the Pyramid



Grains

Make half of your grains Whole Grains:

Your choices within this food group can make the difference between a high-fiber diet and a low-fiber diet. Opt for whole-grain products whenever possible—such as 100% whole-wheat breads (*vollkorn in German*), whole grain cereals, pasta and brown rice—to boost your fiber intake.



Grains

- Finding Whole Grains



If the ingredient list has “enriched flour” it is not a whole grain. It may have some whole grain in it but it is not all whole grain. You will see items that say “made with whole grain.” These are not 100% whole grain. Look closely!

Grains

- Also, make sure the grains you choose are low in fat and sugar

Look how the sugar sweetened cereals are at eye level for children in a grocery cart or school aged kids walking down the aisle! Is that fair?



Low-fat crackers and low-fat snacks like pretzels are **grains** too.

Vegetables & Fruits

- **Fresh, Frozen:** Since fresh produce doesn't last very long, buy only the amount you'll eat over a few days. Make sure the color is good and there are no bruises or soft spots. Vegetables and fruits that are in season are cheaper and tastier. Buy frozen or canned vegetables and fruits and vegetables for out of season items and when you need them to last longer.
- **Canned foods** Canned fruits and vegetables are great to have on hand. Try to buy fruit packed in it's own juice and vegetables with no added salt. Or, you can rinse the syrup or salt water off. Canned foods don't spoil quickly and can be kept for quick meals! Canned soup can be very high in sodium. Look for the healthier low-sodium soups and low-fat creamed soups.



vegetables

- Vary you veggies: Eat the rainbow



Fresh, frozen or canned **JUST EAT THEM!**

If you are watching you sodium intake, choose fresh, frozen or no

Focus on Fruits

- Focus on Fruits: Eat the rainbow



Eat a variety of fresh, frozen and canned fruits daily.

Use fruit more often than fruit juice.

Milk

- ***Get your calcium rich foods:***
Including low-fat milk, low-fat yogurt and low-fat cheese in your diet.
Beware of the word cream in the dairy case. Cream is the fat from the milk and anything with cream in it will be high in fat and calories.



Milk

- Get your calcium rich foods



Choose low-fat or fat-free milk, cheese and yogurt. Remember that European yogurt may be made from whole milk. So, choose



Oils

- Look for fats that are low in Saturated and Trans fats.
- These are going to be liquid or soft at room temperature.



Meat and Beans

Meat, fish, chicken, turkey, eggs Get your protein! These foods are sources of high-quality protein. Stock up on lean meat (round, loin, rump, ham, 92% lean ground), fish and chicken (white meat), especially when they are on sale. Eggs are also a good source of protein. Limit your yolk intake buy buying and using egg substitutes or egg whites.

Beans, Legumes, lentils, nuts Legumes, lentils and beans, both dry and canned provide protein and fiber and can be used to add some vegetarian meals to your menu. Nuts, seeds and peanut butter are great sources of protein and heart healthy fats; but watch the portions as they are high in calories.



Meat and Beans

- Go lean with protein



Lean meats,
chicken and
poultry, of course
but try some other
sources of low-fat
protein too!



Meat and Beans

- How to tell if it is lean...
 - Loin, round, rump, ham, 92% lean ground, white poultry and fish are lean
 - Remember “The Redder the Better”



The top steak is a rib-eye. The bottom is a top sirloin. Which one is redder?

The sirloin has much less marbling; it is leaner (and redder.) The sirloin is the better choice

Know your Limits on Fat, Sodium and Sugar

- ***Snack Foods*** Many snack foods are high in sodium, fat and/or sugar. Again, check the labels! Sometimes the reduced-fat versions are good choices; sometimes there is not that much difference.
- ***Drinks*** Choose 100% Juice, not juice drink or cocktail. Remember that sugar sweetened drinks are calorie dense.



Know the Limits on Fat, Sodium, and Sugar

- **Fat:** Choose low-fat and lean foods, don't add a lot of fat when cooking or at the table.



Smart Pop: 2 grams
fat/serving
Light: 5 grams of fat/serving
Ultimate Butter: 11 grams
fat/serving



Know the Limits on Fat, Sodium, and Sugar

- **Sodium:** Canned and convenience foods are often high in sodium. Choose low-sodium versions or limit how often you choose these foods. Low-fat is not necessarily low-sodium and vice versa.

Cut back on the salt you add in cooking and at the table. As you cut back, you will lose your taste for salt.



Know the Limits on Fat, Sodium, and Sugar

- **Sugar:** Foods high in sugar are lower in nutrient density. Read the labels to make sure that sugar is well down the ingredient list. Other names for sugar include: high-fructose corn syrup, glucose, dextrose, syrup, evaporated cane juice syrup.



“All naturals” does not mean 100% juice, sugar is natural. “Made with fruit juice” does not mean 100% juice either. If in

One more strategy...

When Shopping with kids

- Ask your children for input when writing your menus.
- Let them help you fill the cart with healthful selections.
- Depending on their age, make games out of finding a specific letter, or reading new words or math with nutrition labels.
- Have your children select a “rainbow” of fruits and vegetables each week.



It's a lifestyle

Smart shopping is part of a healthy lifestyle. If you buy the healthful foods on your list and follow the menu you prepared, it will be a lot easier to maintain your new healthy lifestyle!



We are here!

- If you need more help with making good choices at the supermarket, please contact one of the Wellness Center Staff.

Director: 430-4073

Nurse Educator: 430-4658

Dietitian: 430-7322

